

Bean Salad

Bean salad is another common summer food. High in certain types of protein, it is easy to fix and enjoy, regardless of environmental temperature. Although the beans can be added raw, cooking ahead of time can prevent later stomach issues. This is an easy to make meal while traveling with canned ingredients. An entire jar of mayonnaise can be used while on vacation and stored in a fridge, or a chilled bag, during a drive. If planning to make a new salad every night, such as the pea, egg, chicken, and seafood, the mayonnaise will be gone in a hurry.

Preparation:

- A. Set timer to boil eggs for one hour before meal preparation
- B. Set timer set to one hour while eggs boil
- C. Eggs need to cool before shelling
- D. Set timer for 10 to 15 minutes of preparation time
- E. Cook the beans ahead of time

Meal Adaptations:

Physical Accommodations:

- Canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Crackers
- Crumbs (gluten)
- Eggs
- Kidney beans
- Mayonnaise
- Onion
- Pepper
- Relish
- Spices

Meatless Preparation Avoid:

- Eggs
- Substitute with: _____

Utensils:

- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
- Pan: None

Ingredients:**Meat:**

4 boiled eggs

Vegetables:

15 ounces of red kidney beans.

Note: Kidney beans can be eaten raw. If they cause stomach trouble when eaten raw, cook them ahead of time and allow them to fully cool before making the salad.

1/4 cup chopped onion

Other ingredients:

1/2 cup of mayonnaise (adjust as needed)

2 tablespoons of pickle relish (or diced pickles)

1/4 cup chopped celery

Dash of salt

Spices, such as pepper, to taste. (Commonly used include: garlic powder, lemon pepper.)

Optional:

Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:

1. Boil at full boil for 10 minutes 4 eggs.

Takes about 45 minutes to an hour

2. Chop and add to medium sized mixing bowl:

1/4 cup of celery

4 boiled eggs

5 ounces of red kidney beans

1/2 cup of mayonnaise (adjust as needed)

1/4 cup of onions

2 tablespoons of pickles

Optional:

6 ounces of peas

Spices, such as pepper, to taste

Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.

4. Add more mayonnaise, if needed.

5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes and place in the fridge

Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources

Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources

Reheat Instructions:

Allow to warm on plate for 3 to 5 minutes before eating.